**NEWBORN BEHAVIORAL OBSERVATIONS (NBO) SYSTEM**

The NBO is a structured observation of 18 newborn behaviors that identify the capacities and neurobehavioral repertoire of infants 0-12 weeks of age. With the NBO, professional and parents together explore the baby’s competencies and vulnerabilities, gain a deeper understanding of how s/he communicates, and identify the kind of support the baby needs for optimal growth and development.

**Interactive Professional Training:** The NBO training consists of 1-2 days of didactic and experiential learning, including theoretical and research foundations, neurobehavioral observations (through video or live demonstrations), and virtual NBO practice sessions. Examples of the 18 neurobehavioral observations include:

- Infant habitation to visual & auditory stimuli (sleep protection)
- Quality of motor tone & activity level
- Capacity for self-regulation (including crying and consolability)
- Visual and auditory tracking

**Research Based:** The NBO is derived from the Neonatal Behavioral Assessment Scale (NBAS) that has been used for over 30 years in research and in a variety of clinical practice settings.

**Relationship Focused:** The NBO is best understood as a relationship-building tool. It is inherently interactive and family-centered because parents are involved as partners throughout each NBO session.

**Home Visits, Hospitals & More:** The NBO is flexible and easy to use in a variety of settings where professionals encounter newborns 0-12 weeks adjusted age and their families, including hospitals, clinics, private practice settings, and home visiting programs.

**Vital for Infant Mental Health:** The NBO is focused on the newborn period, a pivotal point in the development of the parent-child relationship. The Newborn Behavioral Observation System is a vital tool for providers in supporting families of newborn’s as early relationships grow and interactive patterns are constructed that can have a lifelong impact on their health, well-being, and functioning.

**FOR INFORMATION ON ATTENDING OR HOSTING AN NBO TRAINING, VISIT:**
www.brazelton-institute.com

---

**TOUCHPOINTS®**

Touchpoints® is a neuro-relational, neuro-developmental approach for supporting healthy family functioning and optimal child development ages 0-6. As a family-centered, relationship focused, and strengths based model, Touchpoints training is essential for Infant Mental Health (IMH) providers.

**Touchpoints & Infant Mental Health:** Basic to Touchpoints is that each step in a child’s development is preceded by a period of disorganization and functional regression. These cycles can be mistaken for behavioral disorders or make existing regulatory, relational, and behavioral conditions appear more severe. They can also cause parental anxiety leading to dysfunction within the parent-child relationship, and even increase the risk for child maltreatment. IMH providers need the expertise for determining when such periods of disorganization are within the timeframe, amplitude, and duration of predictable Touchpoints cycles, and when they are not. By understanding these cycles, providers can also use Touchpoints as opportunities to more effectively join the system of care around a child.

**Core Competencies for Infant Mental Health Work:** Touchpoints training offers professional development hours in many areas, including:

- Forming relationships and therapeutic alliances with families
- Implications of culture in IMH work
- Child development (0-6 years) and Systems Theory
- Preventative support of the child & family using anticipatory guidance

**Evidence Based:** Touchpoints is supported by scientific research, practice evaluation, and program evaluation, and is rooted in 60 years of practice and research by T. Berry Brazelton, MD, and his colleagues.

**Touchpoints Settings:** In the U.S. and abroad, Touchpoints is used in public agencies and non-profits serving infants, young children, and their families, and in hospitals, home visiting programs, private pediatric practices, early childhood settings, tribal services, statewide initiatives, and professional training in institutions of higher education.

**About Training:** Touchpoints trainings are offered in many U.S. locations and consultation is available for bringing Touchpoints to IMH training programs, and to organizations and projects serving families.

**FOR INFORMATION ON ATTENDING A TOUCHPOINTS TRAINING, OR BECOMING A TOUCHPOINTS SITE, VISIT:**
www.brazeltonontouchpoints.org